

FRUIT SPRING ROLLS

Recipe modified from Giada De Laurentiis (foodnetwork.com)

If one of your New Year's goals is to eat healthier, you'll want to try these easy-to-make Fruit Spring Rolls with a delicious mint, honey, and lime juice dipping sauce.

TOTAL TIME: 15 MIN • PREP: 15 MIN

YIELD: 4 TO 6 SERVINGS

INGREDIENTS:

ROLLS:

- 1 1/2 CUPS COOKED PAD THAI NOODLES, COOLED AND DRAINED
- 1/4 CUP HONEY
- 1/4 PACKED CUP FRESH MINT LEAVES, FINELY CHOPPED
- 6 (8-INCH) RICE PAPER ROUNDS*
- 6 MEDIUM STRAWBERRIES, STEMMED
- 1 MANGO, HALVED, PEELED, SEEDED AND CUT INTO 1/4-INCH THICK SLICES
- 6 TABLESPOONS SLICED ALMONDS, TOASTED*
- 1/8 CUP POMEGRANATE SEEDS

TIP: ALSO TRY RASPBERRIES, PEACHES, KIWIS, BANANAS OR YOUR FAVORITE SEASONAL FRUIT

DIPPING SAUCE:

- 1/4 CUP PACKED FRESH MINT LEAVES, FINELY CHOPPED
- 1/4 CUP HONEY
- 1/4 CUP FRESH LIME JUICE (ABOUT 2 TO 3 LARGE LIMES)

INSTRUCTIONS:

For the rolls:

Put the noodles in a medium bowl and add the honey and the mint. Using 2 forks, toss the ingredients together until the noodles are coated. Lay a damp kitchen or paper towel on a work surface. Soak a rice paper round in warm water for 20 to 30 seconds until softened. Put the rice paper on the damp towel. Add 1/4 cup of the noodle mixture in the center of the rice paper and form into a 3 by 2-inch rectangle. Using a paring knife, slice a strawberry lengthwise into 1/4-inch slices. Arrange the slices over the noodle mixture. Sprinkle 1 tablespoon almonds on top. Arrange 2 to 3 mango slices on top of the almonds. Roll the rice paper around the filling and seal the ends with a little water. Repeat with the remaining ingredients. Wrap the finished spring rolls in damp paper towels and store in the refrigerator.

For the dipping sauce:

In a small bowl, combine the mint, honey and lime juice. Pour into a serving bowl. Arrange the spring rolls on a platter and serve with the dipping sauce.

